

- CBOs and DBH programs are made available to all youth.
 - **Individual Therapy / Family Therapy**
 - These services are provided by mental health services.
 - **Community Resiliency Model (CRM): (DBH)**
 - This model teaches human response to stressful and traumatic experiences by helping youths to understand their nervous system and learning to track sensations connected to their own well-being.
 - **Matrix (DBH)**
 - The Matrix Model is a treatment approach that is administered over the course of a structured, 16-week period. Used most often with people who are addicted to stimulants (mainly cocaine and methamphetamine), the program is highly structured. The Matrix Model draws on a number of evidence-based treatments for **substance abuse**, such as cognitive behavioral therapy, contingency management, and 12-step facilitation therapy. Participants learn about the addiction and recovery processes, how to avoid a relapse, and how to socialize in a drug-free environment.
 - **Seeking Safety (DBH)**
 - Present-focused treatment for clients with a history of **trauma and substance abuse**. Seeking Safety focuses on coping skills and psychoeducation and has five key principles: 1) safety as the overarching goal (helping clients attain safety in their relationships, thinking, behavior, and emotions); (2) integrated treatment (working on both **Post-Traumatic Stress Disorder (PTSD) and substance abuse** at the same time); (3) a focus on ideals to counteract the loss of ideals in both PTSD and substance abuse; (4) four content areas: cognitive, behavioral, interpersonal, and case management; and (5) attention to clinician processes (helping clinicians work on countertransference, self-care, and other issues).
 - **K-9 Therapy (Good Dog Training) - CBO**
 - Charlie Brugnola teaches the youths about canines and provides information on the physiological benefits of having a canine. Charlie and his canine attend Forward Thinking sessions alongside the youths. The canine provides support to youths that are **anxious or stressed** by going to the youths and sitting or standing next to them allowing the youths to pet them and relieve some nervous energy.
 - **Gang Intervention – Young Visionaries CBO**
 - Young Visionaries Youth Leadership Academy, a nonprofit aimed at **gang intervention/prevention** with a wide scope of programs, including a youth homeless shelter. Young Visionaries Youth Leadership Academy (YVYLA) will provide coordination of a multi-agency strategy involving government, law enforcement, education, and community- and faith-based organizations to reduce the number of San Bernardino youth at-risk or involved in gangs and gang activity. The project uses a comprehensive gang model which integrates strategic elements of social prevention, intervention, and

suppression, and focuses on secondary prevention and intervention for at-risk and gang involved youth.

- **Giving Hands Program**
 - Voluntary participation where youth make items such as beanies, blankets and scarfs to donate to different shelters. This gives them the opportunity to **give back to the community** and learn a new hobby.
- **Operation New Hope (Mentoring CBO)**
 - The mission of ONH is to provide youth the opportunity to pursue their goals and dreams by providing mentorship, various life skills and resources. The hope is for youth to experience restoration in order to succeed in life and in the community.
- **Dr. Schmidt**
 - Dr. Alex Schmidt is a Board Certified **Psychologist** through the California Board of Behavior Science (PSY30426). She works in private practice: Schmidt Psychological Service and she teaches courses with M.L. Eshlinger and Associates. Dr. Schmidt has an extensive background in **trauma** intensive care as well as Forensic Psychology among other modalities. Dr. Schmidt has committed to coming to ARISE for the next 6 months every 5-6 weeks to work with our youth on trauma. The work she will conduct will be parallel to work our FAST team is currently doing with our youth in the Community Resiliency Model.
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- **Moses House** – CBO
 - Parent education reduces the risk of child abuse and neglect by encouraging positive parenting practices that promote safety, well-being, and permanency for children and families.
 - Nurturing Families is an evidence -based, trauma informed and nationally validated family systems interventions that focuses on bonding and attachment, healthy relationship maintenance, emotional regulations, healing and recovery, empathy and self-awareness, sense of belonging, self-identity and self-worth, age appropriate expectations of children, and dignified discipline alternatives.
- **Inland Rebound** (Mentoring CBO)
 - Implement evidence-based, promising, and innovative program called *My Brother's Keeper* for mentoring services. Provide one on one mentoring and group mentoring.
- **Simple Solutions** – CBO
 - The objective of a **career and professional development** group may be to help participants explore career options, build job skills, and develop a plan for achieving their career goals. The group may aim to provide information and guidance on job searching, resume building, interview preparation, and networking, as well as offer

opportunities for participants to practice and receive feedback on these skills. Additionally, the group may focus on helping participants identify their strengths and interests, as well as any potential barriers or challenges to achieving their career goals.

- The objective of the **domestic violence** group is to help participants develop skills to recognize and manage their anger and emotions, as well as to understand the dynamics of domestic violence and the impact it has on victims. The group may also aim to promote non-violent communication and problem-solving strategies, as well as provide resources and support for participants to address any underlying issues that may contribute to their violent behavior. Additionally, the group may focus on helping participants develop a sense of accountability and responsibility for their actions and encourage them to make positive changes in their relationships and their lives.
- **Artistic Expressions Mural Art-** (CBO)
 - Dr. Gergis is a Professor of ART who currently teaches at Valley College. His goal is to teach the youth how to express themselves through Mural Art. By working with the youth he will identify their specific interests and strengths in order to help them develop their individual creativity.
- **Extended Education and Vocational Program-**
 - The ARISE Extended Education and Vocational Program is a comprehensive initiative that offers students a unique opportunity to obtain a college degree while gaining invaluable on-the-job training and skills. The program operates in collaboration with primarily Victor Valley Community College and Los Angeles Mission College, two of the premier community colleges in California, and offers a variety of vocational classes that cater to a diverse range of student interests and career aspirations.
 - The ARISE Extended Education and Vocational Program currently provides General Construction classes and they are also valuable for youth looking to gain practical skills. Carpentry classes teach students how to use hand and power tools to build and repair structures. These classes provide students with an understanding of basic carpentry techniques, safety procedures and reading building plans. Students who take general construction classes can apply what they learn to various careers in the construction industry.